

Activities for Retirees

Activity Dates: Class begins the week of September 13 unless otherwise noted within class description. See page 2 for Code of Location Abbreviations.

PYLE ADULT RECREATION CENTER

655 E. Southern
(corner of Rural and Southern)

480-350-5211

The Pyle Adult Recreation Center is a recreation facility for adults ages 18 and older. Classes and programs for adults are offered through the brochure at this facility. The facility has a multipurpose room, billiards room, card room and 6 meeting rooms. Facility hours are:

Monday-Thursday	8am-9pm
Friday	8am-5pm
Saturday	9am-4pm
Sundays	Closed
Holiday Closures	11/11, 11/25, 11/26, 12/24, 12/25, 12/31, 1/1

PARTICIPATION & OBSERVATION:

- Minimum age requirement for the following activities is 50 years.
- Childcare is not offered.
- Observers and non-registered individuals including children are not permitted in classes or workshops.

Visual, Performing and Language Arts 480-350-5287

Ceramics-See complete listing in *Activities for Adults*, pg. 20, for ceramics classes.

Creative Writing-See complete listing in *Activities for Adults*, pg. 21, for writing classes.



Drawing/Sketching-Basic course in drawing covering various techniques and media with an emphasis on learning "to see." For the beginner as well as the more experienced artist. Class requires additional materials. A list will be sent to students before 1st class. Cost of materials is approximately \$15. Please bring pencils, paper and eraser to first class. Instructor: Donna

PDKS-1D M 9/13-11/1 12:30-3:30pm \$31 PAC

Colored Pencils-An introductory course in colored pencil techniques covering landscape, still life and portraits. Class requires additional materials. A list will be sent to students before 1st class. Please bring materials to first class. Instructor: Donna

PAST-1D W 9/15-11/3 1-4pm \$31 PAC

Painting Level I & Level II-A course in acrylic and oil painting. This includes design, composition, color theory and basic painting techniques. Class requires additional materials. A list will be sent to students before 1st class. Approximate cost of materials from scratch is a maximum of \$75 depending on projects selected. If you already have materials please bring them to the first class. Level 2 class requires previous experience. Instructor: Donna

Level 1

PPAS-1D M 9/13-11/1 9am-12pm \$31 PAC

Level 2

PPAS-2D Th 9/16-11/4 1-4pm \$31 PAC

Watercolor Painting-Emphasis is on technique, composition and color. Class requires additional materials. A list will be sent to students before 1st class. Approximate cost of materials is \$40-\$45 depending on projects selected. If you already have materials, please bring them to first class. Instructor: Donna

PWPS-1D T 9/14-11/2 1-4pm \$31 PAC

Retired Citizen Activities

Retirees of Tempe Association (RTA)

The Retirees of Tempe Association (RTA), an organization sponsored by the City of Tempe Community Services Department, offers ongoing programs to Tempe's retired citizens at the Pyle Adult Recreation Center (PARC), 655 E. Southern. Monthly programs, special events, workshops and services keep retirees active. The focus of the RTA is to organize activities that enhance the quality of life for people 50 years of age and better. An RTA membership is \$3.00 per person per year. Members are eligible to participate in certain retiree activities at a special membership rate. New activities are always forming. Any RTA member is welcome to attend the RTA Advisory Committee meetings, held the second Monday of each month at 10am at PARC. The Roadrunner Chronicle is a monthly bulletin containing all information on RTA activities. RTA members may purchase a subscription to the Roadrunner Chronicle for \$5.00 and runs from January 2004 through December 2004. For more information on RTA membership, please come to the Pyle Adult Recreation Center. Fees for the programs below are minimal and vary by program to cover costs of the program. If you have any questions about any of the retiree programs offered, or any of the retiree classes, please call 480-350-5211.

Monthly Retiree Activities include:

Monday program (includes lunch/entertainment)	11:30am
Congregate Meals Tuesdays/Fridays	11:30am
Needleweilders meet Tuesdays[at Abiding Savior Lutheran Church].....	9am-1pm
Needleweilders meet Thursdays at Pyle Center	9am-1pm
Senior Songbirds meet Wednesdays	9am
Kitchen Band meets Thursdays	9am
Movie every Tuesday	12:30pm
Painting Workshop every Wednesday	9am-1pm
Mah Jong every Wednesday	12:30pm
Bingo every Wednesday.....	1pm
Current Events Discussion group every Thursday	11:30pm
Classic Movie each Friday of the Month	9:30am
Various Card groups throughout the week	time varies
Trips by bus to casinos, train trips, etc.	varies
Cooking Classes	monthly
Craft Classes	monthly
Special events	varies
Book Club select Fridays during each month	9am

GAMES

Social Bridge (Intermediate)-Standard-American bidding; elementary play of the hand and defense; common conventions. Set-up hands to reinforce each lesson. Class is for current bridge players wanting to learn some modern conventions and improve their defense and play of the hand. Instructor: Adele

PBSS-3D T 9/14-11/2 12-2pm \$27 PAC

Social Bridge Supervised Play (Intermediate)-Stresses play of the hand. Instructor will supervise hands dealt in class. Question and answer time and review of class lessons. Conventional bidding and responding to bids. It is recommended this class be taken in conjunction with Social Bridge Intermediate class. Instructor: Adele

PBSS-4D T 9/14-11/2 2-4pm \$27 PAC

Social Bridge (Advanced)-Standard-American bidding; advanced play of the hand and defense; advanced conventions. Set-up hands to reinforce each lesson. Class is intended for beginning and intermediate duplicate bridge players. Bidding and play will be covered as well as duplicate bridge strategy. Instructor: Adele

PBSS-5D Th 9/16-11/4 12-2pm \$27 PAC

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Social Bridge Supervised Play (Advanced)- Stresses play of the hand. Instructor will supervise hands dealt in class. Question-and-answer time and review of class lessons. Conventional bidding and responding to bids. It is recommended this class be taken in conjunction with Social Bridge Advanced class. Instructor: Adele
PBSS-6D Th 9/16-11/4 2-4pm \$27 PAC

EXERCISE

Chi-Kung-Gentler than yoga, this class combines gentle movement, meditations and breath regulation to enhance body's energy flow. Cultivates inner strength, calms the mind and restores the body's natural state of health. Practiced at any age regardless of physical ability. Instructor: Marcene No classes the week of 11/22.
PCKY-1D T 9/14-12/14 9-10am \$28 PAC

Tai Chi-This ancient exercise program consists of 36 individual memorized movements that help increase your balance and self-awareness. Gentler than yoga, this class is great for balance, peace of mind and relaxation. Instructor: Marcene No classes the week of 11/22.
PTCH-1D T 9/14-12/14 10-11am \$28 PAC

Dance Exercise-Get your heart pumping as you move to choreographed routines to encourage flexibility, muscular strength and cardiovascular endurance. Instructor: Wendy No classes the week of 11/22.
PDES-1D M,W,F 9/13-12/17 8-9am \$56 PAC
PDES-2D T,Th 9/14-12/16 10:15-11:15am \$44 PAC

Have a Ball!-LuAnne will help you improve your strength, flexibility, balance and coordination with fun exercises using an inflated exercise ball. Abdominals, back, thighs, buttocks, chest and shoulders will be targeted in this class. No classes the week of 11/22. New!
PBALL-1D T,Th 9/14-12/16 8:15-9:15am \$26 PAC

Band Together-Let LuAnne show you just how much fun you can have while exercising with bands. A variety of resistance exercises will be performed using a band of your own. On the first day of class you will receive a band that is yours to KEEP! No classes the week of 11/22. New!
PBND-1D F 9/17-12/17 11-11:45am \$19 PAC

Stretch & Tone-Get back into the exercise routine with this gentle exercising and stretching program. This class is specifically designed for beginning exercisers and those who have recently been in active. Exercise at your comfort level either sitting in a chair or standing. Instructor: Wendy No classes the week of 11/22.
PSTS-1D M,W 9/13-12/15 10:30-11:15am \$26 PAC
PSTS-2D T,Th 9/14-12/16 9:15-10am \$26 PAC

Toners & Shapers-This class is designed to strengthen and tone muscles and to increase flexibility. Class consists of a warm up and stretch, strength training exercise and a cool down stretch and relaxation. Each participant is encouraged to work at his/her own level. Participants are asked to provide their own weights upon instructor recommendation. Instructor: Wendy No classes the week of 11/22.
PTSS-1D M,W,F 9/13-12/17 9-10:15am \$60 PAC

Yoga/Qigong-Increase flexibility in this class consisting of breathing, simple stretching exercise and relaxation. This class is an excellent outlet for relaxation. Qigong programs taught in both beginning and intermediate classes. Instructor: Marcene. No classes the week of 11/22.
PYOS-1D Beg. M 9/13-12/13 10:15-11:15am \$28 PAC
PYOS-2D Int. M 9/13-12/13 11:15-12:45pm \$30 PAC

Yoga-Increase flexibility and quiet your mind in this class consisting of breathing, simple stretching exercise and relaxation: an excellent outlet for relaxation. Instructor: Marcene. No classes the week of 11/22.
PYOS-5D Beg W 9/15-12/15 9-10:15am \$28 PAC

Weight Management Through Hypnosis-Hypnosis is a safe and gentle way to learn to control your eating behavior. While enjoying the deep relaxation of hypnosis you will be given positive suggestions that will help you begin to eat less, eat healthier and feel better about yourself. Wear comfortable clothing and bring a pillow. *No Class 11/11.
PWMH-1D Th 9/9-10/14 11:30-1:00pm \$40 PAC
PWMH-2D Th 10/28-12/16 11:30-1:00pm \$40 PAC

Participation & Observation:

- Childcare is not offered.
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DANCE CLASSES

Line Dance-Level 1-Never danced before? Think a grapevine is only found in a vineyard? Then this is the class for you! A great class to learn patterns and rhythm for social or line dance. Level 2: You've scooted your boots before, but want to learn more! This class will teach more advanced patterns of social and line dances, using country/western and contemporary music. Level 3: This class is designed for the more advanced and confident dancer. Partner is not necessary for any line dancing class. Instructor: Fran No classes the week of 11/22.
PDSS-1D T 9/14-12/14 1-2pm \$19 PAC
PDSS-2D T 9/14-12/14 2-3pm \$19 PAC
PDSS-3D T 9/14-12/14 3-4pm \$19 PAC

Tap Dance (Intermediate/Advanced)-Get fit while having fun! Learn the techniques, fundamentals and basic dance steps for tapping your way to fitness. Instructor: Patty.
PTBS-1D Int T/Th 9/14-11/4 8:30-9:20am \$23 PAC
PTBS-2D Adv T/Th 9/14-11/4 9:30-10:20am \$23 PAC

General Interest

Reader's Theater-The Reader's Theater program is a group that meets the 1st and 3rd Tuesdays of each month at 10am to select literature, organize performances and perform in the community. The performances are designed for specific age groups, elementary school students through seniors. Stop by to see if this program is something you might like to get involved in! Join the fun.



RETIREE PANCAKE BREAKFAST

Thursday, September 23, 8:30 am
Pyle Adult Recreation Center
655 E. Southern Ave, Tempe
\$4 RTA members, \$5 non-members
This is an all you can eat breakfast which will include pancakes, special side dishes and beverages. Fun activities will follow the breakfast. Register by calling 480-350-5211.

FALL CRAFT BOUTIQUE

October 22 & 23
Friday 9am-5pm, Saturday 9am-3pm
Pyle Adult Recreation Center
655 E. Southern Ave, Tempe

This annual event is a great time to get a head start on your holiday shopping. There will be a variety of unique handcrafted items to purchase. There will be free entertainment and food available for a nominal fee. Cost for crafters over the age of 50 wishing to purchase space for the show is \$10 per table. For crafters under the age of 50, cost is \$20 per table. Registration for current RTA members will begin September 13th at 8:30am. Non-members and vendors under 50 years of age may register starting on September 15th at 9am. For more information, call 480-350-5211.

VICTORIAN TEA

Thursday, September 16-2pm
Pyle Adult Recreation Center
655 E. Southern Ave, Tempe
\$7 RTA members, \$10 non-members

Take a step back in time as you take part in the time-honored tradition of an afternoon tea. You will enjoy a variety of teas and light refreshments. Register by calling 480-350-5211.

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Retiree Book Club-All retirees are invited to join the book club at Pyle Adult Recreation Center. We will have a book to read each month and we will then meet once a month to discuss the book. Members of the group will provide their own copies of the books. The group will agree on the books that will be read each month. Book club members will meet once a month on Fridays from 9am-11pm at the Pyle Adult Recreation Center. There is no fee for the club, we ask that you do call in to register at 480-350-5211, the group size is limited.

Sewing, Crocheting, Knitting all for Charity-Join our Needlewielders and you will assist the group in making various projects that require sewing, knitting, crocheting, stuffing stuffed animals, hemming and a lot of socializing! All items made in the group are donated to local charities and hospitals. The group meets each week on Tuesdays from 9-1 at the Abiding Savior Lutheran Church and Thursday from 9-1 at the Pyle Adult Recreation Center. Bring a sack lunch, and get ready for some SEW special fun! For more information, or questions call 480-350-5211.



Westside Retiree Center 480-858-2420

Monday-Friday 8:30am-2:30pm

The Westside Retiree Center offers a fully equipped fitness room (schedule a free fitness room orientation), computers, billiards, health & fitness challenges, luncheons, classes, workshops and special events for ages 50 and over!

WEEKLY ACTIVITIES INCLUDE:

Monday	
Congregate Lunch	12pm
BINGO* (18yrs+)	6 pm
Tuesday	
Reader's Theatre (at Pyle)	10am
Open Scrapbooking	12pm
Open Billiards	12pm
Special Events/classes	
Wednesday	
Special Events/classes	
New Release Movies	9am
Thursday	
Congregate Lunch	12pm
Friday	
Lunch/BINGO* (18+)	12pm/1pm
*Card sales begin 30 minutes prior to BINGO.	

Monthly Activities Include-The Westside Retiree Center has classes, trips and special events on various days of the month. Please refer to your monthly newsletter or call 480-858-2420 for more information. Join the RTA (Retirees of Tempe Association) for meal discounts, monthly newsletter and first priority in registration. You can sign up for Westside programs at the Pyle Recreation Center as well as the Westside Center.

Special Events-Join the fun for a lunch, breakfast or outing at the Westside Retiree Center. Entertainment or themed activities often accompany the meal. Please register by the Friday prior to the event date. For additional information on the following special events and menus, please refer to the monthly Roadrunner Chronicle.

Back to School Luncheon-Join us as we get ready for the school year to begin. We'll have entertainment and a fun back to school meal. Fee: \$4 for RTA members; \$5 non-members. YLUN-1D 50yrs+ F 9/17 11am WCC

Fall Festival Luncheon-Join us for a special celebration welcoming the cooler fall weather. We'll have some wonderful entertainment and a delicious menu planned. Fee: \$4 for RTA members; \$5 non-members. YLUN-2D 50yrs+ F 10/8 11am WCC

Halloween Party & Luncheon-Celebrate Halloween with some goolish fun, foods and entertainment. Fee: \$4 for RTA members; \$5 non-members. YLUN-3D 50yrs+ F 10/29 11am WCC

Election Luncheon-Calling all voters to come and join us as we prepare ourselves for the presidential election. We will have a delicious lunch followed by brief presentations made by representatives from each party. Fees: \$4 RTA members; \$5 non-members. YLUN-4D 50yrs+ F 11/5 11am WCC

Thanksgiving Luncheon-Plan to attend the Thanksgiving celebration hosted by the staff at Westside. We will have a delicious holiday menu and some unforgettable entertainment. Fee: \$4 RTA members; \$5 non-members. YLUN-5D 50yrs+ F 11/19 11am WCC

Holiday Tea-Enjoy this lovely afternoon tea experience here at the Westside. Sign up early for this totally pampering hour of tea and holiday harp music. Fee: \$4 RTA members; \$5 non-members. YTEA-1D 50yrs+ F 12/3 11am WCC

Westside's Holiday Party-Don't miss the Westside's holiday extravaganza. We'll have a delectable holiday luncheon and wonderful holiday music. Fee: \$4 RTA members; \$5 non-members. YHOL-1D 50yrs+ F 12/17 11am WCC



Recreational Activities

Computer 101-Learn computer basics. You will be introduced to the Internet, email and more. Register early, space is limited. Fee: None. YCOM-1D 50yrs+ T 9/14-10/5 9-10amWCC

Computer 102-Improve your keyboarding skills, learn to use computer programs available on our Westside computers. Register early, space is limited. Fee: None. YCOM-2D 50yrs+ T 10/12-11/2 9-10amWCC

Fitness Challenge-Take the fitness challenge at the Westside. Work out in our fully equipped fitness room (call to schedule your fitness orientation) do a stretch and tone self monitored exercise program, chart your progress on our challenge board. Stop by the front desk to sign up. 480-858-2420.

Memory Workshop-The Memory Workshop is a free program designed to improve and enhance your memory skills. Drop in at your convenience Monday -Friday 8:30 to 2:30. Work individually or in a group on word puzzles and searches, chart your progress. Stop by the front desk to sign up.

Culinary Outings-Join us as we visit some of the valley's most interesting restaurants. The cost of each culinary opportunity will include lunch, a beverage, tax, gratuity and transportation. Trip dates and cost will be advertised in the Roadrunner Chronicle.

Breakfast & Bunco-9am on the 2nd Tuesday of each month sign up to have a delicious continental breakfast, play Bunco and win prizes! Bring a friend, the more the merrier. Cost of this fun morning activity is \$2.

Open Scrapbooking Sessions-Individuals interested in scrap booking with friends in our multipurpose room are invited to drop in on Tuesday afternoons from 12pm to 2:30pm. You must bring your own materials and supplies. Sign in and have fun!